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MAGAZINE'S

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TV TALK

MAGAZINE

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Moments in time

THE HISTORY CHANNEL

• **On Jan. 13, 1995**, America3 (“America Cubed”), an all-female sailing team, won the first race of the America’s Cup defender trials in little more than a minute. The team was the sport’s first all-women crew to compete in the Cup’s 144-year history.

• **On Jan. 14, 1942**, President Franklin D. Roosevelt issued Presidential Proclamation No. 2537, requiring non-U.S. citizens from World War II-enemy countries (Italy, Germany and Japan) to register with the United States Department of Justice, after which they were given a Certificate of Identification for Aliens of Enemy Nationality. The Proclamation facilitated the beginning of full-scale Japanese American internment the following month.

• **On Jan. 15, 1951**, Ilse Koch, known as the “Witch of Buchenwald” for the extraordinary sadism she displayed toward that camp’s prisoners, was sentenced to life in prison for crimes against humanity by

a West German court. The sentence was reduced to four years and Koch was released, then imprisoned again with a second life term. She escaped that fate by hanging herself with a bed-sheet in 1967.

• **On Jan. 16, 1973**, the final episode of “Bonanza,” written and directed by Michael Landon, aired on NBC, completing a 14-season run centering on thrice-widowed patriarch Ben Cartwright, his sons, and their adventures on the thousand-square-mile Ponderosa Ranch in Nevada.

• **On Jan. 17, 2013**, Sergei Filin, the artistic director of the Bolshoi Ballet, was attacked outside his Moscow home with acid by a masked man later revealed to have been hired by company dancer Pavel Dmitrichenko.

• **On Jan. 18, 1862**, America’s 10th president, described in his New York Times obituary as “the most unpopular public man that had ever held any office in the United States,” John Tyler died at age 71 in Richmond, Virginia.

• **On Jan. 19, 2007**, Beijing, China got its first drive-through McDonald’s restaurant, a two-story building next to a gas station that celebrated its christening in a ceremony complete with traditional Chinese lion dancers and, of course, a Chinese Ronald McDonald.



1. Which artist had a hit with “Touch Me in the Morning”?
2. Who released “Just the Two of Us”?
3. “We Don’t Need Another Hero” was on the soundtrack for which film?
4. Which group released “The Love Cats”?
5. Name the song that contains this lyric: “I’ve always been the kind of man who doesn’t believe in strings, Long term obligations are just unnecessary things.”

Answers:
1. Diana Ross, in 1973. The song was her second solo single and appeared on her album of the same name.
2. Grover Washington Jr. and Bill Withers in 1980. The song climbed to No. 2 on the charts but was blocked from the No. 1 spot by “Bette Davis Eyes.” However, it netted a Grammy for Best R&B Song.
3. “Mad Max Beyond Thunderdome,” in 1985, starting Mel Gibson. The song was nominated for multiple awards, including Best Original Song.
4. The Cure, in 1983.
5. “Every Which Way But Loose,” by Eddie Rabbit, in 1978. The song was in the soundtrack of the film of the same name (starting Clint Eastwood and his orangutan Clyde). It stayed at the top of the charts as a single for several weeks.

HOROSCOPES **ARIES - Mar 21/Apr 20** Aries, enjoy some well-deserved time off. Life has taken on a hectic pace of late, but some much-needed time to rest, relax and recharge has finally arrived.

TAURUS - Apr 21/May 21 Taurus, hidden feelings come to the surface, and this will prove a pleasant surprise. Let things play out this week, and you will get some peace.

GEMINI - May 22/June 21 Gemini, your friends are up to something and they want it to remain a surprise. Keep your distance, and don't let your curiosity get the better of you.

CANCER - June 22/July 22 A temporary situation at work may alter your plans for a few days, Cancer. But don't let changes stop you from scheduling some down time with your friends.

LEO - July 23/Aug 23 Leo, think things through before swinging into action. Run your ideas by someone close, and consider all of your options. This will ensure you make the best decision.

VIRGO - Aug 24/Sept 22 Your confidence about the future is a byproduct of the past, Virgo. You have learned from past mistakes and are ready to forge ahead and turn your hard work into results.

LIBRA - Sept 23/Oct 23 Libra, now is the time to address some relationship issues that you have been avoiding. Deal with them in a straightforward way, and you will glad you did.

SCORPIO - Oct 24/Nov 22 A demanding schedule makes it impossible for

you to be bored this week, Scorpio. However, if you desire a little time to decompress, you can fit it into your schedule.

SAGITTARIUS - Nov 23/Dec 21 Sagittarius, while you may be anxious about the future, make sure you enjoy the here and now and not wish the present away too soon. New friends come into your life.

CAPRICORN - Dec 22/Jan 20 Capricorn, react swiftly to stressful situations, but do so with a clear head and conscience. Once a situation has been resolved, take some time to recharge your batteries.

AQUARIUS - Jan 21/Feb 18 Aquarius, do your best to hold up your end of a bargain with a loved one. If you are struggling, simply ask for more time or help to ensure that everyone comes out a winner.

PISCES - Feb 19/Mar 20 Pisces, your foremost priority is to further your position at work. Rely on your strong work ethic and attention to detail.

FAMOUS BIRTHDAYS

JANUARY 11 Mary J. Blige, Singer/Songwriter (54)
JANUARY 12 Naya Rivera, Actress (34)
JANUARY 13 Nicole Eggert, Actress (53)
JANUARY 14 Dave Grohl, Singer (56)
JANUARY 15 Dove Cameron, Actress (29)
JANUARY 16 Kate Moss, Model (51)
JANUARY 17 Michelle Obama, Former First Lady (61)

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HOROSCOPES **ARIES - Mar 21/Apr 20** Aries, do not allow distractions to keep you from completing tasks that need to get done. Use your ability to focus to plow through your to-do list and finish in record time.

TAURUS - Apr 21/May 21 Taurus, this week you may be tempted to take risks you never would have considered before. Just don't let excitement get in the way of common sense.

GEMINI - May 22/June 21 Something totally unexpected will grab your attention in the next few days, Gemini. Trust your intuition to take things slowly and put out all feelers before you forge ahead.

CANCER - June 22/July 22 Cancer, although you have a plan to reach all of your goals, do not put success ahead of others' feelings. Be considerate of others even if their efforts are not up to par.

LEO - July 23/Aug 23 Leo, proceed with caution in a new friendship or partnership. Test the waters before you devote yourself fully. This approach will ensure you made the right decision.

VIRGO - Aug 24/Sept 22 Virgo, if the potential to be criticized scares you, you may not be inclined to express yourself honestly. Worry less about what others think of you and be confident in yourself.

LIBRA - Sept 23/Oct 23 Libra, if you're feeling on edge lately, it may be because you haven't had a chance to relieve stress. Exercise can be a sure-fire fix to what ails you, so get up and go.

SCORPIO - Oct 24/Nov 22 Scorpio, an opportunity presents itself in the

weeks ahead, and this will be too good to pass up. Embrace the changes that this opportunity offers.

SAGITTARIUS - Nov 23/Dec 21 Sagittarius, your social life is bustling, but sometimes it can be difficult to keep up with all of the things filling your calendar. You may want to take a few days off.

CAPRICORN - Dec 22/Jan 20 Career obstacles may pop up from time to time, but you have the commitment to see things through for the long haul. Keep up that perseverance this week.

AQUARIUS - Jan 21/Feb 18 You can't always play the peacemaker, Aquarius. Sometimes you just have to let others fight their own battles and then offer support to those who need it.

PISCES - Feb 19/Mar 20 Pisces, there is more going on than meets the eye. You have to pay attention to the subtle undercurrents to figure out fact from fiction.

FAMOUS BIRTHDAYS

JANUARY 18 Mark Messier, Athlete (64)
JANUARY 19 Dolly Parton, Singer (79)
JANUARY 20 Gary Barlow, Singer/Composer (54)
JANUARY 21 Hakeem Olajuwon, Athlete (62)
JANUARY 22 Alize Cornet, Athlete (35)
JANUARY 23 Richard Dean Anderson, Actor (75)
JANUARY 24 Ed Helms, Actor (51)



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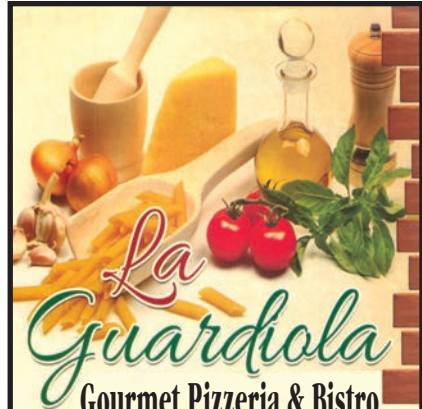
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Real pine, spruce, or fir Christmas trees are NOT appropriate fuel for an indoor fireplace. They have a high amount of sap in their trunks and branches, which can create intense, unpredictable blazes that are difficult to control. Their needles burn quickly and produce lots of sparks, which are dangerous, and these trees also produce creosote when burning, which is a respiratory hazard. It's better to compost a real tree in the garden. – Brenda Weaver

Source: www.advancechimney.com

THE POD REPORT

By Dana Block



THIS WEEK'S CATEGORY:

Nonprofits

Whether you already work in the world of nonprofits or are seeking to start your own organization, these five podcasts are consistently recommended by those who work in charity, social enterprises and community groups:

“Nonprofit Lowdown” — Rhea Wong shares her expertise as a fundraising consultant for nonprofit organizations with the rest of the world via her popular weekly podcast. She offers specific episodes for newbies who are looking to identify and qualify new donors, as well as how to cultivate and solicit donors, manage grant writers, and make the best use of your interns. Wong’s special guests include Brooke Richie-Babbage, who shares the tough challenges she

faced in 2024, and Melissa Madzel, who gives great tips on how to effectively engage your board members without micromanaging them. (RheaWong.com)

“Giving Done Right” — From the Center for Effective Philanthropy, this podcast is hosted by Phil Buchanan and Grace Nicolette. They welcome leaders from the nonprofit sector to answer your burning questions, while busting “some myths that have long plagued donors and nonprofits alike.” Recent episodes include “What Does a Trump Victory Mean for Nonprofits and Donors?” “Fighting Poverty with Direct Cash Transfers,” and “Tackling the Root Causes of Homelessness.” (Giving-DoneRight.org)

“Fundraising is Funny” — Highly recommended in podcast forums on Reddit, this twice monthly podcast “unpacks the most ridiculous (and positively shocking) situations that happen within our sector.” Hosts Lynne Wester and T. Clay Buck believe in the power of generosity to change the world, which is why they share what not to do in managing a fundraiser (including their own personal horror stories). They also explain what constitutes a less-than-noble cause in the age of the Go-

FundMe campaign (i.e., raising money for a frat party). As one Redditor explains, the show is “genuinely funny, but [there are also] many many nuggets of wisdom” in each episode. (Fundraising-isFunny.com)

Don’t Forget These Gems

“Nonprofits Are Messy” — Hosted by Joan Garry, who is called the “Dear Abby” of the nonprofit universe, this podcast shares real stories of how Garry and her guests “handled the mess,” because leading nonprofits certainly isn’t easy. Guests include Seth Godin in “The Maverick Marketing Approach,” Glenda Testone in “Finding the Courage to Say No,” and Parisa Parsa in “Productive Conversations in Polarizing Conflicts.” (JoanGarry.com)

“Nonprofit Radio” — Hosted by Tony Martignetti, this weekly podcast offers “nonprofit ideas for the other 95%.” This means if you have big ideas but a small budget, then “Nonprofit Radio” is the show for you! Pay special attention to the recent “Looking to 2025” episode, where Tony’s esteemed contributors share what they’re looking forward to next year and how the incoming president’s administration could affect your nonprofit. (Podcast.MPGADV.com)



“Gladiator II” (R) — The sequel to director Ridley Scott’s “Gladiator” has finally arrived 24 years after the original film was released, but how will it hold up alongside its predecessor? Starring Paul Mescal (“Normal People”), Pedro Pascal (“The Last of Us”) and Denzel Washington (“The Equalizer 3”), the sequel picks up 16 years after the death of Marcus Aurelius, and Rome is thick with corruption due to its psychotic twin emperors Geta and Caracalla. But Lucius (Mescal), the long-lost imperial heir, lurks in the shadows under the name “Hanno” and coincidentally becomes a gladiator when his North African kingdom gets conquered by the Roman army. Most reviews were positive, but critics did sound off on its likeness to the first film, whose magic cannot be imitated or repeated. Out now to rent. (Amazon Prime Video)

“A Real Pain” (R) — This short comedy-drama film seems to be a hidden gem

for the upcoming 2025 award season, with it already receiving four nominations for the Golden Globes. Directed, written by and starring Jesse Eisenberg (“Manodrome”), the film follows American-Jewish cousins David (Eisenberg) and Benji (Kieran Culkin) who embark on a trip to Poland to reconnect with their heritage. Throughout the trip, the two cousins’ personalities contrast completely as David assumes the honorable family-man role,



Mark Eydelshteyn, left, and Mikey Madison star in “Anora.”

while Benji is more free-spirited and laid-back with his life. But showing their complex love for each other against the backdrop of emotional moments in Jewish history makes for a very heartwarming watch indeed. Available to rent on Dec. 31. (Apple TV+)

“Anora” (R) — From Sean Baker, di-

rector of “The Florida Project,” this comedy-drama recently won the Palme d’Or at the 77th Cannes Film Festival in May, and it’s also one to watch during the award season race. Mikey Madison (“Once Upon a Time in Hollywood”) has received much praise for her performance as the titular character, a 23-year-old stripper living in Bright Beach, New York. During a night at work, Anora gets introduced to Vanya, the young son of a Russian oligarch, and he hires her to spend a week with him. The pair fly to Las Vegas with his entourage, where the two fall into a passionate love affair that seems everlasting. They marry, and just when Anora thinks she’s about to start her “happily ever after,” Vanya’s parents make moves to get the marriage annulled. Out now to rent. (YouTube)

“Carry-On” (PG-13) — This action-thriller out now starring Taron Egerton (“Blackbird”) and Jason Bateman (“Ozark”) is sure to keep you on your toes! Egerton plays Ethan, a TSA officer at Los Angeles International Airport who requests to work a shift on the baggage-scanning lane on Christmas Eve. In the middle of his shift, Ethan finds an earbud that he’s told to put on; through the earbud, a mercenary called the Traveler (Bateman) demands that Ethan let a dangerous carry-on suitcase through the scanning lane. Threatening Ethan’s pregnant girlfriend as blackmail, the Traveler gives him direct orders to follow, or else people will begin to die. But did he pick the right TSA agent? (Netflix)

celebrity extra

by Dana Jackson

Q: Who is the actor starring as Superman in the new film coming out this summer? I've never seen him before. — K.P.

A: Director James Gunn chose David Corenswet to don the red cape in his upcoming "Superman" movie because the film focuses on an earlier part of the superhero's life. Henry Cavill, who most recently played the Man of Steel, is 41 years old, while Corenswet is a decade younger. A brief trailer of the movie was recently released online, which not only featured the titular character but also featured Lois Lane (Rachel Brosnahan) and Lex Luthor (Nicholas Hoult).

Corenswet's prior credits include the miniseries "Lady in the Lake," the movie "Twisters," and the Ryan-Murphy-produced series "The Politician." "Superman," however, will likely make him a household name this summer.

Q: Whatever happened to the latest western movie by Kevin Costner? I blinked and missed it in theaters. Is it streaming anywhere? — Y.S.

A: "Horizon: An American Saga" is a four-chapter film series that "Yellowstone" star Kevin Costner wrote, directed, and acts in. "Chapter 1" reportedly had a \$100 million budget with a big chunk of it financed by Costner himself. He received a standing ovation at the Cannes Film Festival after the



David Corenswet (Upcoming in "Superman")

movie premiered there in May, but one month later when it was released nationwide in theaters, you could hear a pin drop.

It was rather surprising given that his western "Dances With Wolves" won the Oscar for Best Picture three decades earlier and that the "Yellowstone" TV series, which was set on a ranch out West, was a recent huge hit. Alas, "Yellowstone" audiences didn't feel like watching

Costner in a 3-hour slow-moving flick, no matter how good the writing and performance. "Chapter 2" was supposed to be released in 2024, but because of the box-office failure of its predecessor, it's been pushed to 2025.

Currently, you can stream "Chapter 1" on Max. "Chapter 3" started its principal photography in May, while "Chapter 4" is in active development. But it might be best to simply release "Horizon" as one big miniseries on streaming. Perhaps then it would receive accolades from the Emmy Awards instead of the Oscars someday.

Q: I saw a book at the library that had Millie Bobby Brown's name on it, but I forgot the title. Is she an author now, too? — D.D.

A: The novel "Nineteen Steps," which was published in 2023, is based on actress Millie Bobby Brown's ("Stranger Things") grandmother's traumatic experience during the time of World War II. Brown's name is featured prominently on the cover, which would make the reader presume that she authored the book. However, it turns out it was ghostwritten by Kathleen McGurl.

Brown has been open about her collaboration with the author, and the book would never have been published without Brown's input about her own family's history. According to Variety, Brown and Netflix are developing the book into a movie, and yes, Brown is set to star in the role of her grandmother.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — James Bond fans haven't exactly embraced Daniel Craig's portrayal of a gay man in director Luca Guadagnino's film "Queer." The well-publicized love scene between Craig and Drew Starkey didn't create the box-office boom they hoped for. It cost 48 million euros to make and has only grossed \$3.2 million at the time of this writing. This is unlike Guadagnino's other films: "Call Me by Your Name" (\$43.1 million gross against a \$3.5 million cost), "Bones and All" (\$15.3 million gross against a \$20 million cost), and "Challengers" (\$96 million gross against a \$55 million cost).

Julia Roberts, Andrew Garfield and Chloë Sevigny are gambling on Guadagnino as he directs their upcoming thriller "After the Hunt."

I don't know if anyone took Jim Carrey seriously when he retired from filmmaking after "Sonic the Hedgehog 2" (\$405 million gross against a \$110 million cost). He's back in "Sonic the Hedgehog 3" once again as Dr. Ivo Robotnik, along with Ben Schwartz, James Marsden and Idris Elba.



Director Luca Guadagnino ("Queer" and "After the Hunt")

Carrey jokingly said, "I came back to this universe because, first of all, I get to play a genius, which is a bit of a stretch. And ... I bought a lot of stuff, and I needed the money, frankly."

Ryan Reynolds hasn't rested on his laurels after the \$1.338 billion grosses for "Deadpool & Wolverine." He completed the road action comedy "Animal Friends," with Jason Momoa, Vince Vaughn and Aubrey Plaza, in March for an October 2025 release. Then he jumped into Apple TV+'s action-adventure film "Mayday" with Kenneth Branagh and Maria Bakalova.

Finally, you've no doubt heard about a pair of the ruby slippers worn by Judy Garland in "The Wizard of Oz" that were stolen in 2005 from the Judy Garland Museum. They were recovered in 2018 and sold at an auction for \$28 million (\$32.5 million after taxes and fees). Apparently the thief, ex-mobster Terry Martin thought they were valuable because they were insured for \$1 million and were made with actual rubies.

Originally, six pairs of Garland's ruby slippers were made by MGM. The Academy of Motion Picture Arts and Sciences has a pair in their Academy Museum, which were donated by Leonardo DiCaprio and Steven Spielberg in 2012. Another pair is in the Smithsonian Museum in Washington, D.C. Two other pairs are owned by private collectors, and the sixth pair was owned by Debbie Reynolds.

Debbie invited me to view her collection prior to her auction, and her ruby slippers were called "The Arabian Test Pair" with curled toes, which were on the feet of the Wicked Witch of the South under Dorothy's house. Reynolds said she paid \$300 for them and resold them to a private buyer in 2011 for \$690,000. Debbie bemoaned to me that she "almost couldn't bear to part with them." Now that's what we call a "Wicked" return on your investment! Happy New Year!

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TV-CROSSWORD



The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

ACROSS

- Paquin or Faris
- Deborah of "The King and I"
- "__ John B"; Beach Boys hit
- Actress Laura
- "Chicago __"
- "My Name Is __"
- Bilko or Joe Friday; abbr.
- "The __-Bow Incident"; Henry Fonda film

- John and Sean
- Cpl. Radar O'Reilly's home state; abbr.
- Max of "Barney Miller"
- Curtis or Randall
- __ Lanka
- Retirement acct.
- Misery
- Slangy refusal
- Actor Rex
- Shine
- "Life __ Pieces"
- One of the Seven Dwarfs
- "__ Got It Made" (1983-88)
- Sault __. Marie
- Red Muppet
- Actor Hunter
- Vital vessel
- Fannies
- Captures
- Dull sound
- "If I __"; 2014 Chloé Grace Moretz film
- "__ the Movies"; Siskel & Ebert series
- Setting for "Providence"; abbr.
- E.T. and Alf
- Penny-pinching
- "__ Man"; movie for Robert Downey Jr.
- Spoken
- One of the Simpsons
- Spider creations
- Thompson & Michele
- "Bad Times at the __ Royale"; Jeff Bridges film
- Dorothy's aunt
- "__ Charles" (1997-2003)
- Historical period
- Fraternity letter
- Tallulah's initials
- "Pardon me?"

DOWN

- Actress on "Emergence" (2)
- __ off; fall asleep
- Word in the title of Howie Mandel's show
- "Dawn of the Planet of the __"
- Potter's oven
- Prefix for trap or title
- Hosp. personnel
- Role on "A Million Little Things" (2)
- Air pollution



TV TALK

MAGAZINE

URNS FORTY-NINE

Long runs in any field are especially satisfying. As for me, I take much pride in the fact that I have been publishing this bi-weekly magazine for such a long period of time. It is not easy meeting deadlines every day but, it is a challenge and when it all comes together, it is truly rewarding. As the founder, president and publisher of *TV Talk Magazine*, I would like to take this opportunity to thank all my advertisers, many of whom in my forty-nine years of service, have grown up with me and have become like family. Nothing has been more rewarding than to watch so many small businesses start with dreams and ideas and to help them flourish along the way. Some have stayed on as small businesses, and others have gone on to become large multi-million dollar enterprises. I remember each and every one of you. Our stories and laughs could make a “#1 Best Seller!” But, most of all, the knowledge we share is by far the best!



At this time, I would also like to thank my loyal readers who have been part of *TV Talk's* team. They have referred to *TV Talk* seven days a week, four to five times per day, shopped and dined locally at my advertisers establishments, and have called to express their views and ideas which make it all a team effort.

Contact me today at (917) 232-5501 where I'll be glad to take your suggestions and meet your advertising needs. Join our ever-growing family of advertisers and readers as *TV Talk* turns forty-nine and looks ahead to fifty!

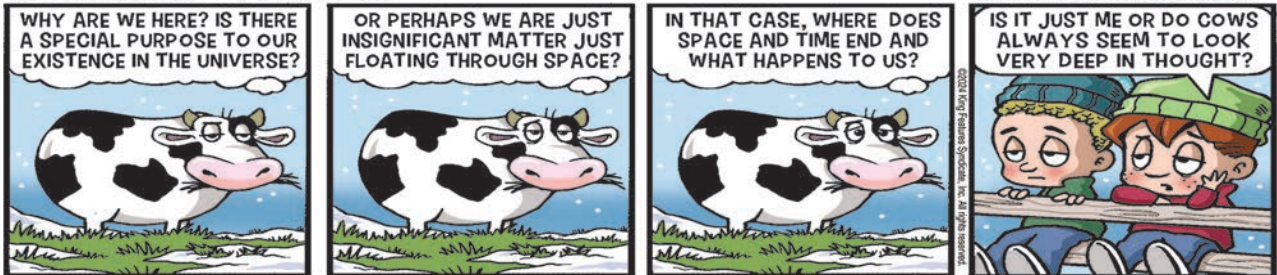
Yours truly,

Carole

Carole Peveri

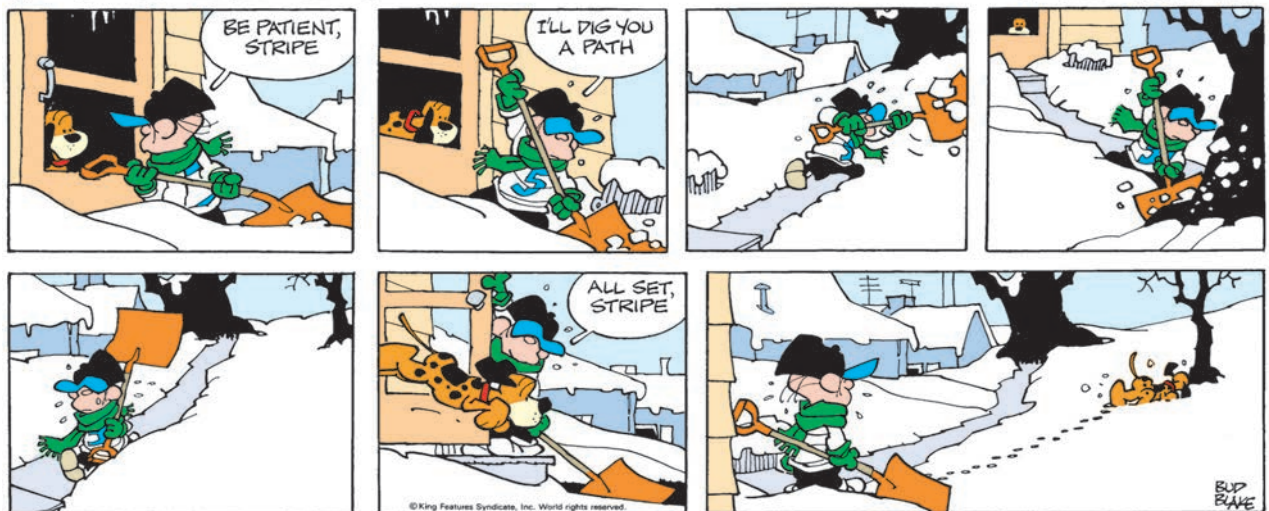
Founder, President & Publisher

Amber Waves



by Dave T. Phipps

TIGER



by BUD BLAKE



Cat's strange lump needs a vet's care

DEAR PAW'S CORNER: I inherited my aunt's cat, "Tabitha," late last year. When Tabbi came to live with me, I noticed that she had six toes, but only on one paw. Her other front paw was normal. I thought that was unusual but not dangerous, or my aunt would have done something about it. However,

on our first visit to the veterinarian, when I pointed out the toe as a strange genetic anomaly, the vet got very concerned. The "toe" was actually a lump! Tabbi had surgery to remove it. Fortunately, it was benign, and she recovered completely. Please tell your readers to contact the vet when they notice any strange growth. — Joe in Portland, Oregon

DEAR JOE: Thank you for sharing your story! Cats, dogs and other pets can develop strange growths or lumps during their lifetime. It's not always easy to determine whether a growth is harmless or needs to be removed. The vet will do a needle biopsy and can often examine the cells under a

micro-scope right in their office, so they can report their findings to you almost immediately. Sometimes, they will send a sample to a veterinary pathologist, who can provide a clearer picture of what's going on with a lump or mass. Having new lumps and bumps checked out as soon as possible is important, because the vet can treat them while they're still small, so your pet suffers less pain and discomfort. If a mass turns out to be cancerous, the faster the treatment happens, the better. So, just as a change in behavior or energy signals that it's time to visit the vet, a new lump or bump (or any strange new growth) should be checked out as soon as possible.



Why the Government Shouldn't Limit Sodium Intake

DEAR DR. ROACH: I read in a health journal that large amounts of sodium are unhealthy for one's diet. The government standard is no more than 2,300 mg of sodium per day. If one's health isn't so good, some doctors say that their sodium intake shouldn't be more than 1,500 mg per day. Everything you eat or drink counts.

If consuming sodium is so bad for your health, then why aren't there limitations in the amount of sodium a company can put into their products? Shouldn't this be controlled by the federal government, similar to alcohol or numerous other chemicals in food and drinks that we find in cans, boxes and packages?

For instance, why should diet soda have sodium in it? — E.R.

ANSWER: It is true that excess sodium has health risks, and I agree with public health officials in recommending that people consume less

sodium. High sodium increases blood pressure levels for most people. Even in people without high blood pressure levels, a high-sodium diet slightly increases stroke risk and predisposes them to kidney stones.

However, sodium is an essential nutrient, and although sodium deficiency is unheard of now, there are conditions where a high-sodium diet is important. I recently saw a patient who had POTS (postural orthostatic tachycardia syndrome) after COVID, and she needs 8-12 grams of sodium daily to keep her blood pressure up. As a physician, my role is to advise. It's not for me to dictate public policy, and I worry about the government making regulations about what is a personal choice. Pretzels contain 250-300 mg of sodium in a 1-ounce serving, so a big bag of pretzels might have 5 grams of sodium — two day's worth. I'm uncomfortable with the government limiting my ability to buy this, even if it isn't a good idea for me to consume it all in a day.

On the other hand, I think that the decision made by the Food and Drug Administration in 2015 to ban the use of trans fats was correct. Trans fats are exceedingly unhealthy, and manufacturers quickly switched to healthier options. The decision to ban a substance or limit its use must be made wisely.

As far as diet sodas, sodium sup-

presses the bitter taste that can accompany some artificial sweeteners. A typical diet soda might have 20 mg of sodium (0.02 grams), so those usually aren't the biggest offenders. On the other hand, a large pizza might have 6-10 grams of sodium.

DEAR DR. ROACH: I am 73 years old with an extremely large prostate. My PSA reading was over 11 ng/mL. I've had negative biopsies, and my new urologist put me on finasteride. He told me that he had great results with it and could cut my cancer risk by 80%.

I've been taking it for more than six months, and my latest PSA was 4.4 ng/mL. I'm reluctant to keep taking it. What are your thoughts on finasteride? — H.D.

ANSWER: I agree that finasteride decreases the risk of prostate cancer and death due to prostate cancer. Unfortunately, the data show more of a 25% to 30% decreased risk rather than an 80% risk. If it were 80% successful at stopping prostate cancer, we would be recommending it to all men (in absence of side effects). Still, a decrease in prostate cancer risk is worth considering when it comes to the treatment of symptomatic prostate enlargement.

Finally, finasteride reduces PSA levels by about half, which needs to be taken into account when interpreting the PSA level.

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SUDOKU PUZZLE

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the number from one to nine.

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7	3	2	6	4	8	1	9	5

ANSWER

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Now here's a tip!
by Jo Ann Derson

- Keep medication bottles to hold buttons, spare change or even hand lotion. Be sure to clean well before reusing.
- “Clean foam egg cartons can be stuffed down into boots to keep them from flop-

ping over between uses. If the leg fabric is not heavy, you can even cut one in half. You may use rolled-up magazines for this purpose as well.” — I.Y. in New York

• “Used fabric softener sheets can be used to shine faucets and to clean the tub. I use mine for dusting around the house, too. To keep a steady supply, I put an empty tissue box next to my dryer. When the clothes (and the used sheets) come out, I stuff them down in the box, and they are ready whenever I need one.” — B.J. in Arizona

• A chef’s trick to keep cooked spinach green is to make sure the pot is not covered while cooking.

• “When cooking shrimp in a bouillon, put them in the freezer for about 10 minutes before cooking. They will cook up nice and tender. I have had success with this also when grilling. When putting shrimp on a skewer, I use double skewers, which hold about five shrimp. When I thread the skewers side by side, the shrimp are easier to turn over, and they do not spin on the skewer.” — R.R. in Florida

• To keep cheese blocks moist and mold free, place in a container with a tight-fitting lid. Place a piece of napkin dampened with white vinegar in with the cheese.

Trivia test by Fifi Rodriguez

1. FOOD & DRINK: What kind of cake is named after a British queen?
2. TELEVISION: What is the name of the family dog on “The Simpsons”?
3. ANATOMY: How long does a human red blood cell exist?

4. GENERAL KNOWLEDGE: Where is New Year’s celebrated first each year?

5. ADVERTISING: Which company sponsors a 13-foot-long Weinermobile?

6. MEASUREMENTS: How many pints are in a quart?

7. MOVIES: What is the name of the dance performed in the “Rocky Horror Picture Show”?

8. BIOLOGY: What does the term ectothermic mean?

9. GEOGRAPHY: Which country has the longest coastline in the world?

10. LITERATURE: Who is the author of “The Canterbury Tales”?

1. Victoria Sponge Cake.
2. Santa’s Little Helper.
3. About 120 days.
4. The island of Kiribati in the Oceanic nation of Kiribati.
5. Oscar Mayer.
6. Two.
7. The Time Warp.
8. Coldblooded, when body temperature is regulated by the environment.
9. Canada.
10. Geoffrey Chaucer.

Answers

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Strange BUT TRUE

By Lucie Winborne

- Despite the NFL making more than \$9 billion annually, being projected to make more than \$25 billion a year by 2027, and paying its CEO more than \$30 million a year, 68% of NFL stadium construction costs since 1923 have come from taxpayer money.
 - One of Walt Disney's first art jobs was drawing cartoons for a local barber in exchange for haircuts.
 - The Khasis are a tribe in India that grow their own bridges. For generations, they have passed down the art of tree-root manipulation, forming centuries-old "living bridges" out of the powerful roots of *Ficus elastica* trees.
- * Jesse James once gave a widow who housed him enough money to

pay off her debt collector and then robbed the debt collector as the man left the widow's home.

- In 2007, a Swiss woman was unable to enter the U.S. because she had no fingerprints. She had a rare genetic disorder called adermatoglyphia, where a person is born without fingerprints. There are only four known extended families worldwide that are affected by this condition.
- Arnold Schwarzenegger was paid \$15 million for his role in "Terminator 2," which averaged out to a most impressive \$21,429 per word.
- Lions, tigers, leopards and other big cats go wild for Calvin Klein's Obsession for Men cologne! It's used by researchers to lure animals toward cameras in the wild and is sprayed at zoos and wildlife refuges.

Thought for the Day: "There's no hope without endeavor. Hope has no meaning unless we are prepared to work to realize our hopes and dreams." — Aung San Suu Kyi

top ten

Brightest Stars
AS SEEN FROM EARTH

1. Sun
2. Sirius
3. Canopus
4. Alpha Centauri
5. Arcturus
6. Vega
7. Capella
8. Rigel
9. Procyon
10. Betelgeuse

Source: Britannica

WOLFGANG PUCK'S KITCHEN

Back to Basics: Apple Pie

By Wolfgang Puck

Two of my all-time favorite after-dinner treats combine in one perfect dessert: apple pie. It's a basic that all home cooks should have in their repertoire, a recipe you can rely on whenever you desire sweet comfort food.

Good pie pastry is surprisingly easy to make, especially now that just about everyone has a food processor. The stainless-steel blade combines flour, sugar, and salt (plus, if you like, some sweet spice to flavor the pastry) in just a few seconds of pulsing the machine on and off. Then, less than a minute more of processing to incorporate chilled butter, egg yolks, and cream gives you a rich dough that will turn into the most beautiful, tender crust for your pie.

Finally, you have to chill the dough for several hours to firm it up. If you don't have time, though, you can always feel free to substitute store-bought rounds of pie crust sold in the refrigerated case in most markets. They'll give good results, too.



As for the filling, much of your success comes down to selecting the right apples. You need a variety that tastes both sweet and tangy, with a texture that will hold its shape during baking, winding up at once both soft and still just slightly firm to the bite. My favorite with these characteristics is the widely available Granny Smith variety. You could also use such apples as Jonathan, Fuji, Winesap, and Pippin. Really, there are so many different kinds of apples for sale in farmers' markets and even supermarkets these days that it's fun to taste and experiment.

One special trick I like to do when making an apple pie filling is to saute the apples with butter and sugar to give them a caramel sauce. You won't believe how much more complex and flavorful your pie will taste for taking this little extra step.

Once your pie dough and apples are ready, you're just over an hour away from a freshly baked pie. Rolling out the dough and filling the pie takes just a few minutes. Don't worry if it doesn't look magazine-perfect; rustic-style pies that actually look homemade can be even more appealing. Take special care, though, to bake your pie long enough, so that the crust turns a deep golden brown. Too many people remove their pies from the oven too soon, depriving themselves of the pleasurable texture and flavor of fully cooked pastry to complement the filling.

So give my apple pie recipe a try soon. First, make it one weekend for a Saturday dinner party or Sunday family meal. Once you've got the hang of this very basic recipe, you'll be preparing apple pies on weeknights, too!

GRANNY SMITH APPLE PIE WITH CINNAMON CRUST

Makes 1 pie, 8 servings

917-232-5501

CINNAMON PIE DOUGH:

3-1/2 cups all-purpose flour
2 tablespoons granulated sugar
2 tablespoons ground cinnamon
1/2 teaspoon salt
3/4 pound unsalted butter, well chilled, cut into 24 pieces

4 large cage-free egg yolks
1/4 cup heavy cream

APPLE FILLING

7 tablespoons unsalted butter
12 medium organic Granny Smith apples, peeled, cored, and cut into 1/2-inch wedges
1/4 cup granulated sugar
1/4 cup dark brown sugar
1/2 teaspoon ground cinnamon
2 tablespoons Calvados (apple brandy) or applejack, optional

GLAZE AND GARNISHES

1 large cage-free egg, beaten
Vanilla ice cream or whipped cream (optional)

First, make the dough. In a food processor fitted with the stainless-steel blade, combine the flour, sugar, cinnamon, and salt. Pulse the machine on and off a few times. Scatter the butter evenly inside. Process until the mixture resembles coarse meal. In a small bowl, whisk together the egg yolks and cream. With the machine running, pour the mixture through the feed tube and continue processing until the dough comes together. Carefully remove from the processor, wrap in plastic wrap, and refrigerate for at least 2 hours or overnight.

For the filling, melt 6 tablespoons of the butter in a large skillet over medium-high heat. When the butter begins to turn brown, add the apples and sprinkle with the sugars and cinnamon. Cook, stirring frequently, until the sugars have turned thick, dark brown, and bubbly, 10 to 15 minutes. The apples should still be firm. Stir in the Calvados, if using. Line a baking pan with aluminum foil and spread the apple mixture in it to cool to room temperature.

Meanwhile, remove the dough from the refrigerator and leave at room temperature for 30 to 40 minutes. Preheat the oven to 400 degrees F.

Cut the ball of dough into two halves, one slightly larger than the other. Place the smaller half cut side down on a lightly floured work surface. With a floured rolling pin, roll it out to an even circle 11 inches in diameter. Gently fold in half or quarters and transfer to a 9-inch pie pan. Unfold and gently ease it into the contours of the pan. Roll out the larger half of dough to a circle about 12 inches in diameter and gently fold in half or quarters.

Fill the lined pie pan with the apples. Dot with the remaining 1 tablespoon butter. Carefully unfold the remaining pastry circle over the filling. Tuck the edges of the top pastry under the rim of the bottom pastry and press down with your fingers to seal together and decoratively flute the edges. With the tip of a small, sharp knife, cut 3 vents about 2 inches long in the center of the top crust.

Place the pie on a baking sheet and bake in the lower third of the oven for 30 minutes. Reduce the heat to 375 degrees F. and bake for 20 minutes longer. Remove from the oven, brush the top pastry with the beaten egg, return to the oven, and continue baking until the crust is deep golden brown, 5 to 10 minutes longer.

Serve hot, warm, or at room temperature, accompanied by vanilla ice cream or whipped cream, if you like.

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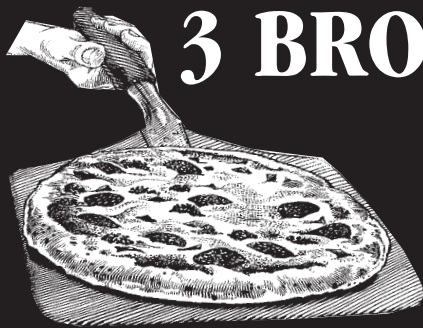
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by Ryan A. Berenz

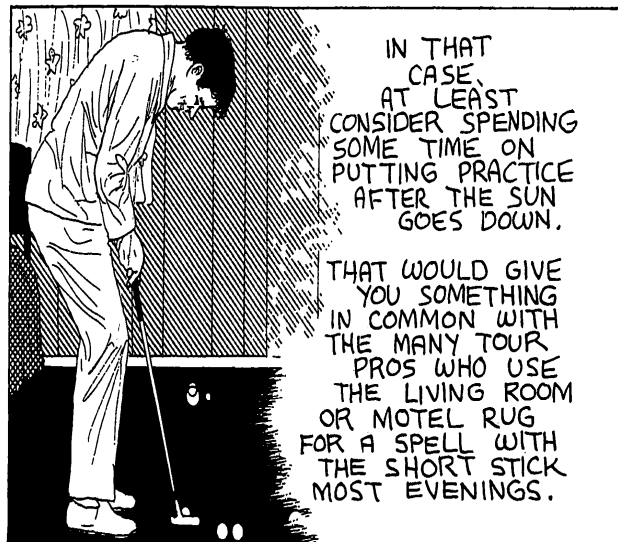
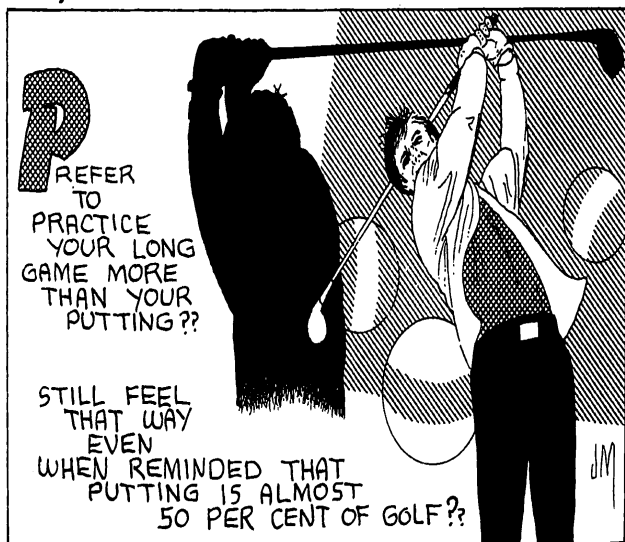
1. What two NFL teams combined for 79 points, 809 yards passing and 1,036 total yards in an epic AFC divisional playoff game in January 1982?
2. Name the defenseman who played 13 seasons in the NHL —

- most notably with the Detroit Red Wings from 1986-94 — until his death in an auto accident in May 1999.
3. Basketball Hall of Famer Denise Curry was a three-time All-American (1979-81) for what college team?
4. In 1979, CBS Sports “traded” NFL play-by-play announcer Don Criqui to NBC in exchange for what sportscaster?
5. What American swimmer, winner of two gold medals at the 1964 Tokyo Olympics, is the older sister of actor/director Joanna Kerns (“Growing Pains”)?
6. On April 6, 1973, the New York Yankees’ Ron Blomberg made history by becoming the first player to do what in a regular-season Major

- League Baseball game?
7. What NASCAR driver was declared the unofficial winner of the first Daytona 500 in 1959, then had the result overturned three days later and wound up finishing second to Lee Petty?

- Answers**
1. The San Diego Chargers defeated the Miami Dolphins 41-38 in overtime.
 2. Steve Chiasson.
 3. UCLA.
 4. Curt Gowdy.
 5. Donna de Varona.
 6. Bat as a designated hitter.
 7. Johnny Beauchamp.

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Dave & Charlie's SUBS



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by Anthony D'Angelico

Photos by Stephanie Petersen Photography

It's out with the old and in with the new for Dave and Charlie, owners of the former Blimpie turned Dave & Charlie's Subs a rebranding of the sandwich shop. Established in 2022, Dave and Charlie have 27 years of experience, guaranteed to make the best subs around. The duo began their sandwich story in 1996 with Blimpie, now branching out on their own since March 2022 and creating one of the best spots to grab a quick bite in Bayonne. Unfortunately, Dave & Charlie's Subs lost Dave who fought a hard-battle of heart disease and cancer; the company is survived by Charlie, who receives help with the business from Dave's three sons.

What could be better for lunch than a refreshing sub? Dave and Charlie's offers a plethora of greatly priced subs, ranging from the classics: ham and swiss, roast beef, turkey, to their speciality sandwiches: the Best Sub, filled with ham, capicola, prosciuttini, salami, provolone and their Super, filled with ham, capicola, prosciuttini, salami, and cheese. For an even more refreshing bite have Dave and Charlie's many salads, like their chef's salad, tuna salad or grilled

chicken salad. Remember, for a lunch time order, please call before 11:00 am!

Of course, Dave & Charlie's also has hot sandwiches, with two sizes: 7 inches and 14 inches. They have their famous hot roast beef with gravy and mozzarella, and also the normal BLT, grilled chicken sandwich, chicken parmigiana sandwich, and many more hot sandwiches bound to make your mouth water. The local favorites of the shop are their famous tuna sandwiches, the Best Sub, and the aforementioned hot roast beef with gravy and mozzarella, all staples of Bayonne.

Dave & Charlie's Subs is too good to just have in store; thankfully, they have party platters! Call 201-823-1111 to place your party order and please your guests like never before. The sandwich shop also offers curbside pickup and delivery; this way, you can always get your Sub-fix.

The sandwich kingdom appeals to every taste bud. If you're on a health kick but want some of Dave & Charlie's Subs fresh and tasty meat, don't worry. The sandwich shop offers wheat, white and spinach wraps for all their delicious creations, providing a healthier option for their delicious options. If you're one who has a sweet tooth after a meal, they also offer freshly baked cookies, candy, and cakes destined to put those sweet cravings to bed.

Dave and Charlie's Subs, located at 538 Broadway in Bayonne, New Jersey, is a family-orientated business devoted to filling the stomachs of their many customers with cold and hot subs.

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Cheese Trio	\$8.60	\$15.50
Super	\$9.10	\$16.10
<i>(ham, cappicola, salami, cheese)</i>		
Club	\$9.10	\$16.10
Pepperoni or Salami, Cheese	\$8.60	\$15.10
Tuna Salad (white meat)	\$9.10	\$17.10
Ham & Swiss	\$8.10	\$14.10
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Honey Turkey	\$9.60	\$17.10
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Roast Beef, Turkey, Cheese	\$9.60	\$17.20



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	7" REG	14" GIANT
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Chicken Filet	\$8.10	\$14.50
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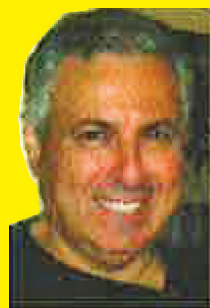
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